EXPERIENTIAL EDUCATION (EE)

EE 5105 Risk Management for Experiential Education (3)
This online course reviews principles and current practices in experiential education program risk management for public and private schools, profit and not for profit organizations. Topics explored in the course include incident theories, risk management strategies, risk management tools, risk evaluation, risk analysis, emergency action plan, crisis management, liability coverage, and the law related to experiential education. Students will gain a practical understanding of risk management through examinations, risk analysis exercises, online group discussion, case studies, and individual projects.

EE 5195 Guided Project in Adventure Learning (1-2)
Provides students with an opportunity to expand on the topics of other EE courses through the development of an applied project or research paper, with the guidance of PSU faculty. An expectation of 15 hours of student work per credit. May be repeated upon approval of PSU faculty.

EE 5200 Adventure Programming (2)
A comprehensive foundational workshop designed for any individual to learn all the techniques needed to begin adventure programming using games, initiatives, low and high elements. Topics include sequencing, framing and debriefing, basic knot tying and belay and safety skills for high elements.

EE 5205 Adventure Based Counseling (2)
An introductory workshop for those new to adventure. Introduces foundational concepts and skills, with an emphasis on group process and debriefing. Technical skills are covered, but with less time for mastery than other introductory workshops.

EE 5210 Adventure Curriculum for Physical Education (2)
A specialized workshop developing the skills and knowledge necessary to implement Project Adventure's Adventure Curriculum for Physical Education (ACPE) into school, municipal recreation and camp settings. Topics include connecting adventure activities to specific learning outcomes, state and national standards, conducting age-appropriate assessment of student outcomes, integration of the ACPE curriculum into existing programs.

EE 5215 Creating Healthy Habits through Adventure (2)
A specialized workshop developing the skills needed to experientialize health-related educational content. Topics include the use of experiential and adventure activities to address: nutrition, fitness, diversity and cultural awareness, substance abuse and prevention, violence prevention, stress management, and community building. Additional focus on using an adventure approach in school-based health and wellness curricula.

EE 5220 Achieving Fitness: An Adventure Approach (2)
A specialized workshop for physical educators, fitness trainers, health educators, camp counselors, after-school personnel, and those interested in supporting clients' health-related fitness. Topics include basic principles of health and fitness, the combination of fitness principles with adventure philosophy, student self-efficacy and its role in improving health-related fitness, the use of fitness journals. Also provides practice in using specific experiential activities for supporting students' achievement of health-related fitness including cardiovascular, muscular strength/endurance, flexibility, and body composition.

EE 5230 Adventures in Low Elements (2)
A foundational workshop focusing exclusively on adventure education using low challenge course elements. Does not cover the use high challenge course elements. Topics include the facilitation of warm up activities, problem-solving initiatives, trust activities, and specific low elements; sequencing, framing and debriefing techniques, safety guidelines and creative variations for low element facilitation.

EE 5235 Portable Adventure (2)
A foundational workshop focusing exclusively on adventure education using portable props. Does not cover the use of low or high challenge courses. Topics include facilitation of icebreakers, community-building games, and problem-solving initiatives, sequencing, framing and debriefing skills.

EE 5240 Reflection Tools and Techniques (2)
This workshop that develops the critical skills of promoting student outcomes by directing reflection with debriefing techniques. Topics include the value of debriefing, skills and techniques for promoting group and individual reflection and learning, the Adventure Wave Model, the use of props and tools for promoting reflection. Falls, Springs, Summers.

EE 5245 Tech Skills Intensive (2)
This workshop that develops the critical skills of promoting student outcomes by directing reflection with debriefing techniques. Topics include the value of debriefing, skills and techniques for promoting group and individual reflection and learning, the Adventure Wave Model, the use of props and tools for promoting reflection.

EE 5250 Advanced Skills and Standards (2)
An advanced workshop that develops expert-level technical skills for challenge course operators. In addition to a review of basic technical skills, topics include high course rescue techniques, self-belayed climbing, descending and lowering techniques for self and participants, new technical developments in the challenge course industry, basic course inspection skills, and operation of complex high elements. Students will spend a significant amount of time at height. Best suited for students who have completed Technical Skills Intensive, and can demonstrate intermediate technical skill competency.

EE 5255 Adventure with Youth at Risk (2)
A specialized workshop developing the skills needed to implement the Behavior Management through Adventure program in work with youth at risk in schools, treatment centers, detention centers and other specialized programs. Focuses on the development of an empowered group process to succeed with students who often present a significant challenge to traditional group management. Additional topics include increasing prosocial behaviors and social-emotional learning outcomes, framing and utilizing adventure activities for therapeutic outcomes, the use of natural and logical consequences, and case effective implementation of these strategies.

EE 5260 Adventures in the Classroom (2)
Introduces the use of adventure programming in academic settings without an open field or a gymnasium to promote community building, accelerated learning outcomes, and the growth of social and emotional competencies. Topics include promoting trust, respect, and constructive risk taking in a classroom setting, adapting adventure to multiple learning styles, and creating experiential lesson plans for classroom settings.

EE 5265 Adventure Facilitation Skills (2)
A workshop focused on the theory and technique of leadership and facilitation in an adventure setting. Topics include emerging experiential facilitation techniques, tolls for group and individual assessment, self-assessment of facilitation skills, flexible facilitation styles and methods based upon identified goals. Falls, Springs, Summers.

EE 5270 Social Emotional Learning Through Adventure (2)
A specialized workshop introducing the use of adventure learning to develop the social and emotional competencies of school-aged students. Topics include the implementation of Social Emotional Learning (SEL) strategies, integration of SEL with content-based learning, current research and theory of SEL programming, instructional skills for specific SEL content areas such as Goal Setting, Decision Making, Managing Emotions, and Engaging in Social Relationships, development of a relationship-centered school or community agency. Falls, Springs, Summers.

EE 5280 Adventure Program Management (2)
An advanced, content-oriented workshop focused on various competencies of the challenge course manager. Topics include the role of intentional program design in program and risk management, safety and risk management information and tools, introduction to accident and incident analysis and documentation, utilization of Standard Operating Procedures (SOPs) and Local Operating Procedures (LOPs), staff hiring, training, and retention.

EE 5300 Advanced Technical Skills (2)
This course gives the skilled practitioner an opportunity to review and add to his or her repertoire of technical skills. Emphasis is placed on practicing all aspects of one's technical skills and developing a quiet competence as an adventure practitioner. Some of the specific skills in this workshop are: advanced knot-typing, proper use of specialized equipment, self-belay and self rescue techniques, risk management, critical evaluation of scenarios, and advanced rescue procedures.

EE 5375 Social Emotional Learning – Tier II Interventions (2)
Develops skills and knowledge for advanced practitioners of adventure learning groups focused on social-emotional learning. Particular focus paid to understanding group stage development and appropriate methodologies to improve facilitation effectiveness at each of those stages. Combination of theory and praxis. Springs, Falls, Summers.